Mona's Curryations

365190 - **Chicken Tikka Masala**

It's all in the bag! Succulent chicken chunks in a creamy tomato sauce with traditional aromatic spices like turmeric, cumin, and garam masala are all mixed in and ready for you to cook. Warm up the naan and enjoy this restaurant inspired meal right at home!

Benefits

Mona, a diplomat's daughter, experienced delicious flavors from four continents, yet her favorite remain her mothers Pakistani Punjabi dishes with their aromatic array of spices, vegetables, and Halal meats. But when Mona, a busy full-time working mom of three, wanted to cook for her family, she found that she didn't have the time, so she created Mona's Curryations. Her Chicken Tikka Masala - It's all in the bag! Succulent chicken chunks in a creamy tomato sauce with traditional aromatic spices like turmeric, cumin, and garam masala are all mixed in and ready for you to cook. Warm up the naan and enjoy this restaurant inspired meal right at home!

Ingredients

Halal Boneless Skinless Chicken Breast, Tomato Puree (Tomatoes, Citric Acid), Water, Half & Half Cream (Milk, Cream. May Contain Less Than 1% of: Sodium Citrate, Disodium Phosphate), Low Fat Yogurt (Cultured Pasteurized Reduced Fat or Low-Fat Milk, Active Yogurt Cultures. May Contain Food Starch, Nonfat Milk Solids), Heavy Cream (Cream, Contains Less Than 1% of Carrageenan, Cellulose Gum, Polysorbate 80, Guar Gum, Monoglycerides), Fried Onions [onions, vegetable oil (May contain canola, soybean, or corn oil, & corn flour)], Spices, Canola Oil, Sugar, Salt, Paprika, Turmeric, Garlic Powder.
CONTAINS: MILK and SOY

Allergens

Contains:

milk, peanuts, soy, tree nuts

Free From:

crustaceans, eggs, fish, wheat

Nutrition Facts

Servings per Container 2
Serving size 241.0g (241g)

Amount per serving

Calories 250

	% Daily Value*
Total Fat 13g	**17%**
Saturated Fat 5g	**25%**
Trans Fat	
Cholesterol 90mg	**30%**
Sodium 490mg	**21%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 2g	**7%**
Total Sugars 6g	
Includes 1g Added Sugar	**2%**
Protein 22g	
Vitamin D 0mcg	**0%**
Calcium 90mg	**7%**
Iron 2.8mg	**16%**
Potassium 670mg	**14%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

keep frozen until ready to use and then defrost before cooking on stove top or instapot

Serving Suggestions

defrost entree, cook on stove top or instapot for a few minutes and then enjoy with naan that is also included

Prep & Cooking Suggestions

see cooking instructions on bag

Product Specifications

Brand	Manufacturer
Mona's Curryations	Monas Curryations LLC

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
860006823801	36519	365190	10860006823808		8/22.9 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13.5lb	11.5lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
14.5in	8in	9in	0.6ft3	13x8	231days	-5°F / -2°F

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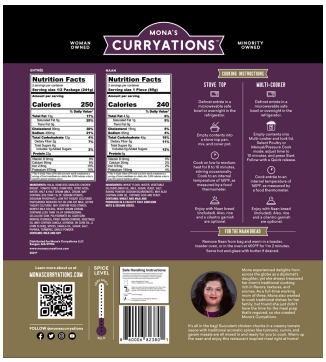
Nutrition Analysis - By Measure

Calories	250	Total Fat	13g	Sodium	490mg
Protein	22	Trans Fats		Calcium	90mg
Total Carbohydrates•••	12g	Saturated Fat	5g	Iron	2.8mg
Sugars	6g	Added Sugars	1g	Potassium	670mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	90mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images



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